PEACE PSYCHOLOGY

- Psychologists have been interested in war and peace since the beginning of modern psychology. Though philosophizing about peace has ancient roots, *the discipline of peace psychology essentially began soon after the establishment of modern scientific psychology with the 1910 essay by William James, "The Moral Equivalent of War."*
- **William James**, the first peace psychologist, was a most distinguished scholar and also an insistent public voice on issues of war and peace. He, in a speech at Stanford University in 1906, coined the phrase "the moral equivalent of war" (James, 1910/1995, p. 22).
- James argued that war provides human beings with opportunities to express their spiritual inclinations toward self-sacrifice and personal honor; consequently, to end war, societies must find alternative "moral equivalents" for the expression of these profoundly important human values.
- **Peace can be defined as a positive societal state in which violence, whether direct or structural, is not a likely occurrence, and in which all humans, animals, and ecology are treated with fairness, dignity, and respect**.
- Peace psychology is the study of mental processes and behavior that lead to violence, prevent violence, and facilitate nonviolence as well as promoting fairness, respect, and dignity for all, for the purpose of making violence a less likely occurrence and helping to heal its psychological effects.
- The goals of peace psychology are to "increase and apply psychological knowledge in the pursuit of peace; both the absence of destructive conflict and the creation of positive social conditions which minimize destructiveness and promote human well-being"
- By the close of World War II, 13 well-known American psychologists (including Gordon Allport, Edna Heidbreder, Ernest Hilgard, Otto Klineberg, Rensis Likert, and Edward Tolman) circulated a "Psychologists' Manifesto: Human Nature and the Peace: A Statement by Psychologists" (reprinted in Jacobs, 1989, and in Murphy, 1945), which was signed by almost 4,000 psychologists (M. B. Smith, 1999).
- The Manifesto argued that "war can be avoided: War is built, not born".

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- **Direct violence** comes from individuals who hurt others in acute and discrete incidents. In a war, there will be a multitude of such incidents.
- **Structural violence** is inflicted on people through the structures of society and involves chronic forms of harm such as poverty, environmental damage, misallocated resources, or dangerous working conditions.

Positive Peace and Negative peace

- **'Positive' peace** denotes the simultaneous presence of many desirable states of mind and society, such as harmony, justice, equity, etc.
- '**Negative' peace** has historically denoted the 'absence of war' and other forms of wide-scale violent human conflict.

IMPORTANT TERMINOLOGIES

Integrative Complexity

- One concept for understanding the decision-making process for wars is integrative complexity. This construct has two features: differentiation or the degree to which people see differences among perspectives on a particular problem; and integration, which is the degree to which people relate those perspectives to each other within some coherent framework.
- Leaders who take an oversimplified, inflexible approach are more likely to escalate conflicts. More flexible leaders, able to understand the other side's perspectives, are less likely to get into a war. Content analysis of public speeches and similar documents before various wars and conflicts shows that a fall in integrative complexity scores is a good predictor of whether war will be the outcome (Conway, Suedfeld, & Tetlock, 2001).

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Mechanisms of Moral Disengagement

- Albert Bandura and colleagues argue that the most inhumane behavior occurs when original ideas of moral conduct are disengaged. People disengage by changing how they think about the act, comparing it to worse conduct, scapegoating, discounting the effects, or discounting the victims.

Compartmentalizing

- It is related—putting different parts of life into different compartments, sealed off from one another. The officers ordering a massacre may go to church on Sunday and

profess beliefs contrary to their actions. They are not thinking of their actions when they make those statements.

Intellectualizing

- It refers to the focus on reasoning that allows for violence, avoiding the accompanying negative emotions. Discounting the victim is described in detail by Brennan (1995) who gives various categories of "linguistic warfare" used to facilitate violence: describing people as deficient humans, nonhumans, nonpersons, animals, parasites, diseases, inanimate objects, or waste products. He offers an array of quotations from throughout history to depict these attitudes aimed at vulnerable groups.

Theories:

- A range of theories has focused on emotions and drives as bases for violent behavior ;

1. Frustration–Aggression Hypothesis

- One of the earliest proposed explanations of aggression was the Frustration–Aggression Hypothesis, which holds that when people are thwarted from attaining an expected goal, aggression follows (Dollard, Doob, Miller, Mowrer, & Sears, 1939). Many but not all laboratory experiments showed frustration leading to greater aggression.

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2. Catharsis

- Freud believed that if anger builds up, it can explode into poorly timed, inappropriate action. He termed this process "catharsis." This hypothesis has been tested extensively for decades.
- Aggression following expression of anger has been found to be directed not only toward targets of the anger, but at innocent third parties.

3. Cognitive Dissonance and Effort Justification

- **The theory of cognitive dissonance** is that people find it stressful to have two different ideas in conflict with each other. To reduce this tension, they might take actions or make arguments that seem illogical.
- **Effort justification**—the belief that more effort is required to protect and justify the effort already made. If one must otherwise admit all the effort was wasted, then the

effort must be continued. The continuation of the American war in Vietnam for several years is one of the most cited examples.

4. Realistic Group Conflict Theory

- It posited that hostility is likely to occur when groups are in competition for scarce resources. Realistic group conflict is likely to increase as resources grow scarcer and environmental problems become more pressing . Depletion of natural resources such as clean water, arable land, and precious minerals, combined with population growth and displacement, will increase dramatically in the next decades.
- During such conflicts, attributional biases can cascade into scapegoating, and blaming.

Conflict Resolution at macro level

- Conflict management broadly to refer to efforts that prevent violent episodes by containing differences in views (conflict management) or by reaching an agreement (conflict resolution).
- One of the earliest and most important insights about conflict resolution is that it often requires **finding "integrative solutions,"** that is, outcomes that satisfy the needs of all parties.
- However, conflicts often arise out of negative interdependence between parties that have mixed motives with both competitive and cooperative dimensions.
- Various conflict resolution techniques used to reduce tension and conflict include negotiation, mediation, diplomacy, interactive problem solving, cooperation on superordinate goals, and unilateral initiatives.
- Approaches to conflict resolution tend to fall within two broad categories:

1. Interest based

- The interest-based approach was pioneered by Fisher and Ury (1981) in their best-selling and highly influential book on negotiation strategies.
- This technique has helped negotiators by encouraging intergroup empathy and mutual understanding, separating thinking about players' personalities from the problem, avoiding criticism of the parties by each other while critically analyzing the issue, inventing options that yield mutual gains, and using objective criteria to judge whether proposed agreements satisfy everyone's interests. This "**principled negotiation" tends to yield creative options, positional flexibility, mutually**

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satisfying (win– win) solutions, and improved relationships through mutual learning and problem solving.

2. Needs based

- A needs-based approach called **interactive problem solving** (IPS) has been applied in a large variety of settings marked by violent episodes. Pioneered by Kelman and Fisher, IPS uses unofficial representatives of groups or states, who come together for several days to engage in dialogue and problem solving.
- The facilitators of these workshops are typically academics or other well-regarded citizens. IPS is designed to promote greater mutual understanding between parties, stronger intergroup relationships, new perspectives on old problems, and a loosening of entrenched and polarized positions.
- Agreements are nonbinding because participants do not officially represent their governments; but because participants are widely respected, workshops not only induce change in the individuals participating but serve as a catalyst for change in wider political communities.
- IPS has been applied in many conflicts, including those in Northern Ireland (Hall, 1999), Cyprus (Fisher, 2001b), Israel/Palestine (Kelman, 1995; Rouhana & Kelman, 1994), Argentina (Mitchell, 2000), Sri Lanka (Hicks & Weisberg, 2001), and the Horn of Africa (Beyna, Lund, Stacks, Tuthill, & Vondal, 2001).

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Role Of Media In Conflict Resolution

- The successive evolution in communication technology has significantly altered the conduct of conflicts, warfare and conflict resolution in the world today. Compared to people of earlier ages, people around the world today know much more and much sooner about major developments in international relations.
- Similarly, there is millions of global news networks that broadcast live from all corners of the world, and via the internet, providing immediate access to unfolding events and under certain conditions, influencing the way those events develop and end. As a result, this has prompted a general feeling that media coverage, especially television, has had an increased influence on conflict management.
- Triggered by rapid technological change in the media, information no longer simply describes on-scene developments, but increasingly shapes the dynamics by influencing perceptions, opinions and loyalties (Jakosben, 2000; Galtung, 2004).

- This has made information to be an important means of warfare used by governments, military and leaders in all ages everywhere for propaganda or disinformation purposes or for great potential to promote peace building.

Media influence

History has shown that media can incite people towards violence. Hitler used the media to create hatred for Jews (Vladimir & Schirch, 2007). Joseph Goebbels, Hitler's Minister of Propaganda, masterminded the most effective effort of mass persuasion, heavily relying on propaganda messages in motion pictures and radio broadcasting (Jowett & O'Donnell, 1999).

- Apart from the negative roles of media, several cases have also linked media to the promotion of peace and reconciliation. For example, in Northern Uganda where the Lord Resistance Army (LRA) has camped for decades, media has been used to create the common good for the people to promote peace. Struges (2007) found that Mega FM has promoted peace in Northern Uganda with positive effects since 2002.
- Conflict is an inevitable part of the society today, the ability to manage it well is of importance as far as development is concerned. Conflict in it right is not evil but it management if not addressed with the keenest of attention can destroy developmental process. The media has a role to play in conflict and should be guided by the core ethics of if functions to handle conflict situations in the better of interests.
- **Peace Journalism- Peace Journalism is defined "when editors and reporters make choices - of what to report, and how to report it - that create opportunities for society at large to consider and value non-violent responses to conflict".**

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